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lhartigan@eccoa.org
 or check out our website at www.eccoa.org

**A huge thank you to our corporate sponsors
 for making Older Americans Month
 a huge success!**



**Senior Services of Effingham County will be
 CLOSED on Thursday, June 20th
 For Staff development & training**



Senior Services of Effingham County is a division of Effingham City/County Committee on Aging (ECCOA) and is open to the public, and many activities and trips are designed for people of all ages.

Operating hours are Monday through Friday – 8:00 am to 4:00 pm
 Closed for lunch daily from 11:30 am to 12:00 pm
 Phone: 217-347-5569 or toll free 1-833-442-5569 after hours and on weekends



Community Care Program

“... Helping older people live independently”



Did you know that ECCOA Senior Services is contracted with the Illinois Dept on Aging to provide the Community Care Program for 9 counties within the State of Illinois? The counties we serve are Effingham, Clay, Fayette, Jefferson, Marion, Jasper, Crawford, Richland, and Lawrence. All of our offices are your direct linkage to all the information you need regarding community-based services that can give you many added benefits that enhance your quality of life. As you prepare to retire or if you become disabled, the staff members in our offices will assist you with the services that will allow you to remain in your own home, and keep you out of a nursing home, as long as nursing home placement is not necessary for you. We will send out staff to your home at no cost to discuss your needs and goals, and to help you choose what services might be right for you. Services include In-Home Service, Emergency Home Response Service, Home Delivered Meals, Respite Care for the Caregiver, and in some areas of the state, Adult Day Services and Senior Companion. If you qualify for services, the staff member will work with you to determine your needs, set up services that are appropriate for you and keep in touch with you to make sure the services continue to meet your needs. For additional information or to make a referral for someone you feel could benefit from the program call 217-347-5569. We can assess your needs and keep you at home.



Emergency Home Response Service: (EHRS)

EHRS is a Community Care Program core service provided to improve the independence and safety of clients in their own homes and help reduce the need for nursing home care.



Emergency Home Response Service (EHRS) is a 24-hour emergency communication link to assistance outside the home for older adults with documented health and safety needs and mobility limitations. This service is provided by a two-way voice communication system consisting of a base unit and an activation device worn by the participant that will automatically link the older adult to a professionally trained staffed support center. For more information on Emergency Home Response Services in your community, contact Senior Services at 217-347-5569.

EHRS offers 24-hours-a-day help at the touch of a button, installation at no cost to the client, free adaptive activation devices, and a list of first responders chosen by the client. To receive this service, an older adult must qualify for the Community Care Program.



Dine with a Doc® is a **FREE** program that welcomes the local senior public to hear an educational topic while enjoying a complimentary lunch. The next Dine with a Doc® lunch is scheduled for **Thursday, June 13th, 2024, in the Senior Services Activity Center from 11:00 a.m. until 1:00 p.m.**

Each presenter has graciously donated their time in an effort to listen, hear, and answer your questions while sharing a meal with you. Various community businesses also participate by donating door prizes or providing a complimentary lunch for you to enjoy and learn about ways they may help you as well.

This month we are excited to present
Becky Doiron

Lunch will be complimentary and provided courtesy of:

Odd Fellow-Rebekah Home



****Reservations for Dine with a Doc are required and can be made by contacting the center at 217-347-5569****



Long-Term Care Ombudsman

Illinois Long-Term Care Ombudsman Program strives to protect and promote the rights and quality of life for those who reside in long-term care facilities.



If you have a concern, complaint, or question regarding long-term care, please call **Lisa Light, Regional Ombudsman, at 217-347-5216 or 1-800-283-4070.**



ILLINOIS TELECOMMUNICATIONS ACCESS CORPORATION

Illinois Telecommunications Access Corporation (ITAC) has several amplified phones for selection for those family members with hearing problems.

This is a **FREE** program **REQUIRED** and **GOVERNED** by Illinois Law. There are no fees and no hidden costs.

Call Senior Services at 217-347-5569 for an appointment to test which phone is best for your needs.

You'll be surprised at what you have missed by not being able to hear!

Having Trouble Finding a Ride?

Let **ECPT** take you where you need to go!

Call to Schedule Your Ride Today!

1-855-755-2478

GET ON THE BUS & RIDE WITH US!!

IN-COUNTY TRANSPORTS \$3 per one-way trip	MONTHLY PASS Monthly Pass \$35 Disabled Pass \$15	DISCOUNT TICKETS Book of 10 \$20 (No Expiration Date)	SENIORS Ride for Free Donations are accepted
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DISPATCH HOURS
Monday-Friday from 6am-6pm

TRANSPORTATION HOURS
Monday-Saturday from 6am 8pm

Effingham County Public Transportation

OPEN TO EVERYONE!!

GET ON THE BUS AND RIDE WITH US

Find us on facebook.

Effingham County operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the 1964 Civil Rights Act. To find out more about our nondiscrimination obligations or to file a complaint, please contact us at (217)342-4990 or via the web at <http://www.cafsecc.org/CPT/ECPT.htm>



Please join us for cake & ice cream on **Thursday, June 27th at 2:00 p.m.** for our monthly birthday party!

We will celebrate those who have a birthday in June with cake and ice cream provided by **Aperion Care.**

You are welcome to stay afterwards and play cards, games, or just socialize with your friends.



SHIP

(Senior Health Insurance Program)

Senior Services staff are available to assist Medicare beneficiaries and their caregivers with insurance counseling.



Please call (217)347-5569 to make an appointment.

"This publication has been created or produced by Senior Services of Effingham County with financial assistance, in whole or in part, through a grant from the Centers for Medicare & Medicaid Services, the Federal Medicare agency".

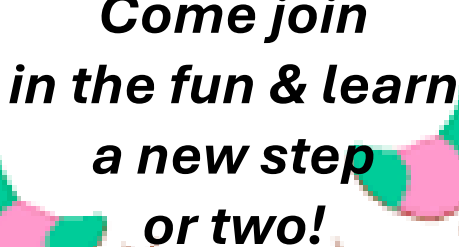


Line Dancing!!!

**Join the line
dancers every
Tuesday morning at
10:00 a.m.**

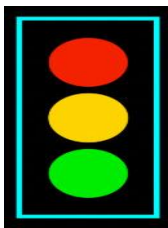
**in our
Activity Center.**

**Come join
in the fun & learn
a new step
or two!**



**Come join us on
Wednesday
afternoons at
1:00 p.m. to
knit, crochet, or
bring your own
crafts to
socialize and
make new
friends!**

Rules of the Road Class



**This class will be offered at the Senior Center on
Friday, June 7, 2024, at 9:30 a.m.
(The next class will be Friday, August 2nd, 2024)**



Thursday, July 18th, 2024, at 11:00 am!!

**HSHS St. Anthony's Savvy Senior returns with an
informational program regarding
Cardiovascular Health!**





Friends
Food
Fellowship



Friends
Food
Fellowship

June 2024 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sweet & Sour Chicken w/Pineapple over Rice Steamed Broccoli Jell-O w/Fruit Cocktail	4 Grilled Pork Tenderloin on Whole Grain Bun Roasted Red Potatoes Green Beans Watermelon	5 Grilled Chicken Breast Broccoli Rice & Cheese Carrots Cantaloupe Whole Grain Bread	6 Taco Salad w/tortilla chips Meat & Refried Beans Lettuce, Tomato, Onions Shredded Cheese Salsa Apple	7 Egg, Sausage Breakfast Casserole Hash Browns Hot Herbed Tomatoes Strawberries Cinnamon Roll
10 Bratwurst on Bun Sauerkraut Grilled Potatoes Blushing Pears	11 BBQ Baked Chicken Baked Potato Broccoli w/cheese Melon Medley Peanut Butter Cookie	12 Meatloaf Scalloped Potatoes Butter Beans Chilled Peaches Whole Grain Bread	13 Chicken Salad Sandwich On Wheat Bread Potato Salad Lettuce Leaf w/tomato Watermelon	14 Pork Roast Baked Sweet Potatoes Brussels Sprouts Apple Sauce Whole Grain Roll
17 Salisbury Steak Whipped Potatoes Peas Mandarin Oranges Oatmeal Cookie	18 Sub Sandwich on Hoagie Bun Lettuce & Tomato Broccoli/Cauliflower Salad Cantaloupe	19 Fried Chicken Potato Salad Carrots Hot Apple Crisp Biscuit	20 Swedish Meatballs Mashed Potatoes Corn Apricots Whole Grain Roll	21 BBQ Pulled Pork on Whole Grain Bun Au Gratin Potatoes 4 Bean Salad Baked Apples
24 Pork Chops Roasted Red Potatoes Green Beans Peaches Whole Grain Roll	25 Spaghetti w/meat sauce Carrots & Peas Tossed Salad w/tomatoes Salad Dressing Baked Apples Garlic Bread	26 Grilled Chicken Salad w/Romaine Lettuce Tomatoes and Cheese Mandarin Oranges Bread Stick Graham Cracker	27 Ball Park Frank on Bun Macaroni & Cheese California Blend Cole Slaw Banana	28 Fish on Bun Cauliflower w/cheese Baked Beans Cantaloupe
 <small>shutterstock.com · 3807670672</small>				Milk, Bread, and Margarine are served with every meal. Substitutes will only be made in emergencies. FINAL

CALL THE DAY BEFORE TO RESERVE A MEAL

Suggested Donation \$4.25/Meal

Effingham 217-347-2851; Dieterich 217-925-5461; Altamont 618-483-6912; Beecher City 618-487-5401

Flora 217-994-3191

Vandalia 618-283-1040 Ramsey 618-237-0251

Pana 217-562-5611 Taylorville 217-287-7268 Kincaid 217-237-4328



Reminder:
 Make your appointment for Benefit Access Program today at
 (217) 347-5569
 To see if you qualify for a reduced license sticker!



STANFIELD CHIROPRACTIC




















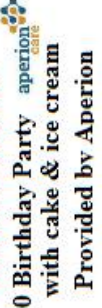







Join us for an afternoon of FUN!
Stanfield Chiropractic Bingo on Thursday, June 27th at 1:00 p.m.
Stay afterward for our monthly Birthday party!

Come join us every Friday at 1:00 p.m. for an afternoon of Bingo with friends!



June 2024 Activity Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>1:00 Cards & Mahjong</p> 	<p>4</p> <p>10:00 Line Dancing</p> 	<p>5</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 Games</p> <p>1:00 SHIP</p> 	<p>6</p> <p>1:00 Games</p> 	<p>7</p> <p>9:30 Rules of the Road</p>  <p>1:00 BINGO Sponsor:</p> 
<p>10</p> <p>1:00 Cards & Mahjong</p> 	<p>11</p> <p>10:00 Line Dancing</p> 	<p>12</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>13</p> <p>11:00 Dine with a Doc featuring Becky Doiron</p> 	<p>14</p> <p>1:00 BINGO Sponsor:</p> 
<p>17</p> <p>1:00 Cards & Mahjong</p> 	<p>18</p> <p>10:00 Line Dancing</p> 	<p>19</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>20</p> <p>Sorry we are CLOSED for Staff Training & Development</p> 	<p>21</p> <p>1:00 BINGO Sponsor:</p> 
<p>24</p> <p>1:00 Cards & Mahjong</p> 	<p>25</p> <p>10:00 Line Dancing</p> 	<p>26</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>27</p> <p>1:00 Stanfield Bingo</p> <p>STANFIELD CHIROPRACTIC</p> <p>2:00 Birthday Party aperion with cake & ice cream Provided by Aperion</p> 	<p>28</p> <p>1:00 BINGO Sponsor:</p> 
<p>1-Jul</p> <p>1:00 Cards & Mahjong</p> 	<p>2-Jul</p> <p>10:00 Line Dancing</p> 	<p>3-Jul</p> <p>1:00 Games</p> <p>1:00 Knit/Crochet/Socialize</p> <p>1:00 SHIP</p> 	<p>4-Jul</p> <p>Sorry we are CLOSED for the 4th of July</p> 	<p>5-Jul</p> <p>1:00 BINGO Sponsor:</p> 